

Anger Issues Test

Instructions: Please read each statement carefully and indicate your agreement or disagreement using the following scale:

Never (1) Rarely (2) Sometimes (3) Often (4) Always (5)

1. I often feel frustrated and easily annoyed.

1.
Never

2.
Rarely

3.
Sometimes

4.
Often

5.
Always

2. I have difficulty controlling my anger when provoked.

1.
Never

2.
Rarely

3.
Sometimes

4.
Often

5.
Always

3. I have said or done things in the heat of anger that I later regret.

1.
Never

2.
Rarely

3.
Sometimes

4.
Often

5.
Always

4. I have slammed doors, thrown objects, or hit something in anger.

1.
Never

2.
Rarely

3.
Sometimes

4.
Often

5.
Always

5. I have gotten into arguments or fights because of my anger.

1.
Never

2.
Rarely

3.
Sometimes

4.
Often

5.
Always

6. I feel like I am always on edge and ready to explode.

1.

Never

2.

Rarely

3.

Sometimes

4.

Often

5.

Always

7. My anger has caused problems in my relationships with others.

1.

Never

2.

Rarely

3.

Sometimes

4.

Often

5.

Always

8. I have difficulty relaxing and calming down when I am angry.

1.

Never

2.

Rarely

3.

Sometimes

4.

Often

5.

Always

9. I have had trouble at work or school because of my anger.

1.

Never

2.

Rarely

3.

Sometimes

4.

Often

5.

Always

10. I have thought about hurting myself or others when I am angry.

1.

Never

2.

Rarely

3.

Sometimes

4.

Often

5.

Always

Scoring:

- **Total score 10-20:** You may experience occasional anger, but it likely does not significantly impact your life.
- **Total score 21-30:** You may have some anger issues that require management strategies.
- **Total score 31-40:** You likely have significant anger issues that are causing problems in your life. Seeking professional help is recommended.
- **Total score 41-50:** You have serious anger issues that require immediate professional attention.